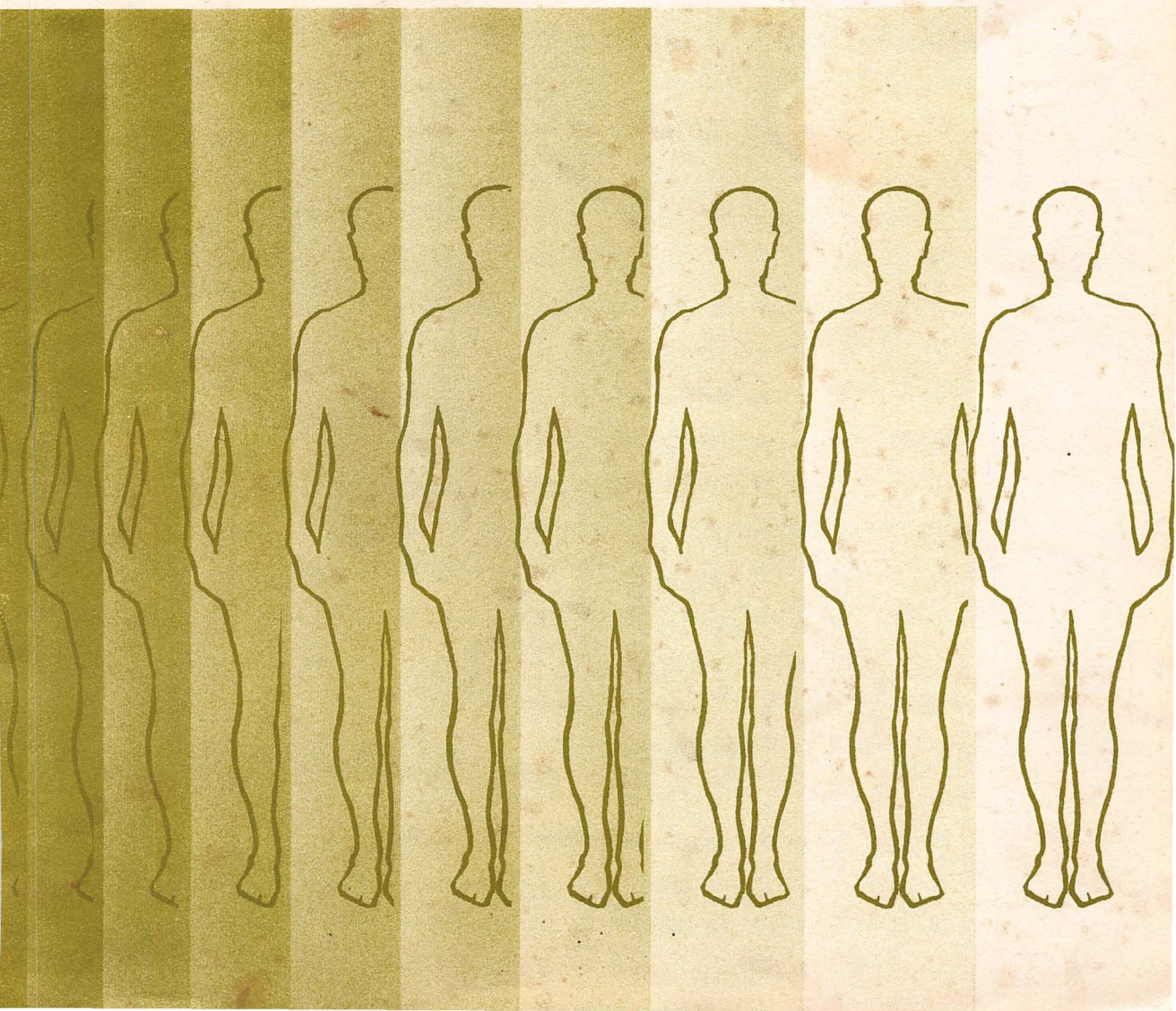


TEN STEPS TO SELF- FULFILLMENT

By Robert G. Chaney

STEP 1

Know Your Inner Self



Illustrations by Teodors Liliensteins

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TEN STEPS TO SELF-FULFILLMENT

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THE FOUR VITAL IDEAS

Step 1: *Know Your Inner Self*

Step 2: *Know Your Inner Potentials*

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THE SIX MYSTICAL LAWS AND HOW TO USE THEM

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KNOWING ONESELF

He who knows others is learned;

He who knows himself is wise.

He who conquers others has power of muscles;

He who conquers himself is strong.

He who is contented is rich.

He who is determined has strength of will.

He who does not lose his center endures.

He who dies yet (his influence) remains has
long life.

--Taoist Scriptures

TEN STEPS TO SELF-FULFILLMENT

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STEP 1

THE FIRST VITAL IDEA:

Know Your Inner Self

What is the greatest thing you can do in life?

Become president of a million dollar corporation, or of a nation? Amass a fleet of ships? Found a religion? Become head of a university? Become a great novelist, or composer?

No. Not any of these, important to the world as they may be.

The greatest thing you can do in life
is to unfold and fulfill your Self.

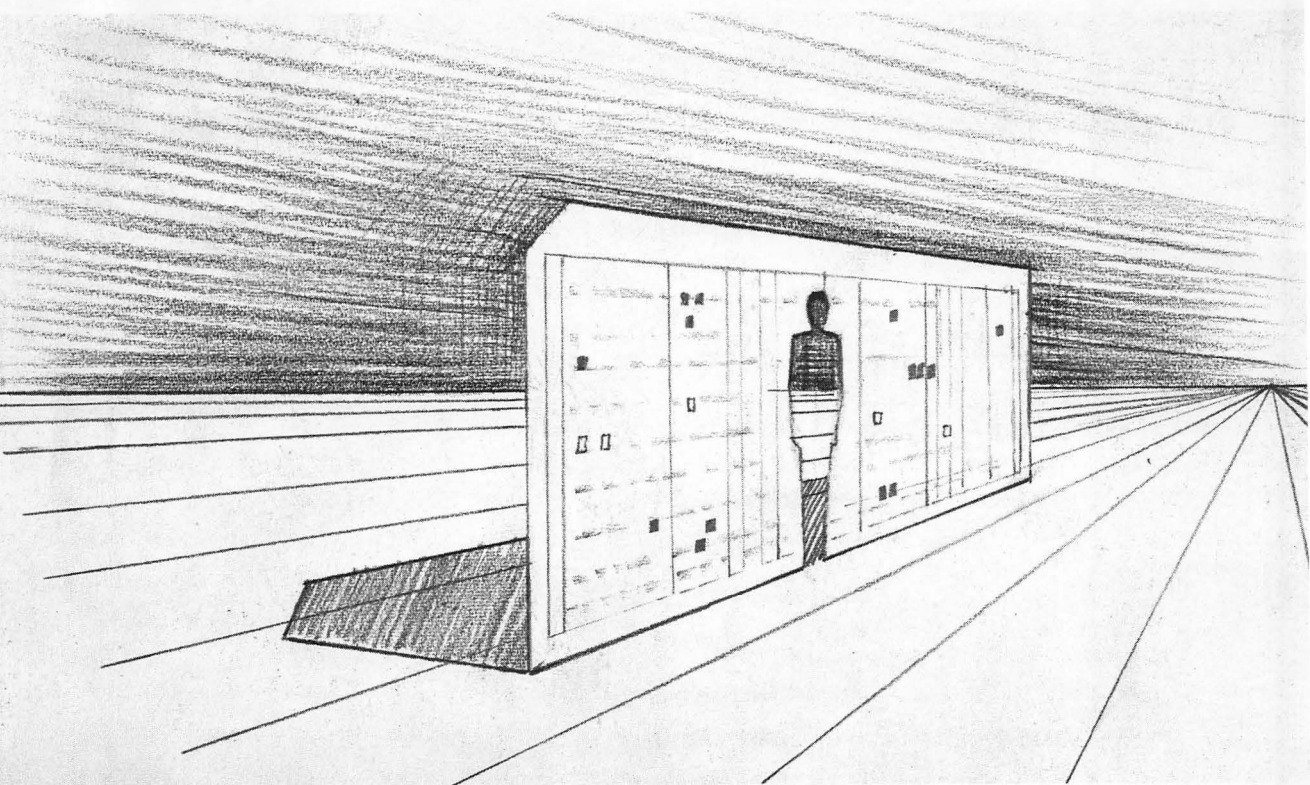
And in this, your greatest undertaking, your greatest work of art, you may already be much further advanced than the governor of your state or the first lady of the land.

Why is this true?

Because you are doing something about the most important thing in the world to you...your Self. Not anything that exists can equal the Self in importance. It is the greatest thing you can give to or for another person or an ideal. It is the one thing you cannot forget, or demolish. But you can improve and expand it.

Now this Self of yours is in grave danger. It is in danger of losing its individuality and significance.

As the president of a large corporation put it,



"...our individualistic tendencies are being gobbled up by huge computers that turn each of us into a giant IBM card that differs from the others only in the placement of the holes."

He's perfectly right. We're all experiencing this creeping computerism that very subtly is congealing us into a mass of living numbers without any individuality. For instance, are you acquainted with a person known as DC 5367 0113 9?

Yes, you are. It's Robert Chaney, the author of this course. And that number is my identification on a credit card, my IBM number. To the company that issued the card Robert Chaney exists only as a number. Some of my personal identity has been lost. So I need to counterbalance that loss of Self-identity by unfolding my Self in some way. I need to become what the corporation president described as an "uncommon man"... a person who differs from others in my own individual way.

This doesn't mean that I must become "unusual." That I must let my hair grow long or defy society in my acts or beliefs. It simply means that I must be my Self and develop my Self in my own personalized way to the fullest extent. And it is increasingly important that

you do the same to avoid succumbing to the greatest danger in today's world...loss of Self-identity.

At this point pause a moment, keep your finger on this page, and turn back to the title page of this lesson. Read the Taoist scripture about *Knowing Oneself*. Note especially the line, *He who does not lose his center endures*.

In one simple sentence that ancient scripture has made a significant comment on today's major problem, for the center of which it speaks is the very Self we are studying. And if you do not "lose" it, if you maintain your contact with your Self, you have accomplished the one objective in the Taoist scripture that makes all the others possible.

How do you keep from "losing your center"? It's not really difficult.

The first step in the process of Self-fulfillment is to acquire a Self attitude. Note that I have not said a selfish attitude, but a Self attitude. Just what is the difference?

A selfish attitude sees your Self as a center with all the universe flowing in toward you.

A Self attitude sees your Self as a center through which something flows outward from you into all the universe.

Every essence within you is, by its inherent nature, outward moving. Every inner essence wants to express itself outwardly. To fulfill itself. When you attempt to reverse the process you are selfish and cause your Self one problem after another. But when you aid the process you harmonize with your natural nature, consciously give it additional impetus, and unfold your Self.

So right now, in the very beginning, you are going to set a pattern for a new kind of life. One that flows out rather than in.

Having this one thought in your mind as you approach your daily tasks and relationships will mold a miracle in your life.

"By your fruits shall you know them," said the Christ. Fruits are an expression of outward flowing life. A tree doesn't gather in fruit. It creates

fruit by sending its energies to its outer branches and buds. And you create fruit in your life by sending forth into expression in the world around you all the inner essences you possess.

The allegory of the tree and its fruit symbolizes a concept which is easy to accept intellectually, but what practical application can be made of it in your life?

The mystic has long known the way to accomplish it. But it has remained for the modern psychologist to describe it in a way that makes it possible for us to put the principle into practice. He calls it externalizing. What does he mean by externalizing?

He means to express what is within you in the world outside you. He says, for example, that to grow from childhood to adulthood is far more than a mere physical process, and is one beset with many psychological conflicts. To grow from childhood to adulthood means to "go out" from dependency on parents, something which many adults never accomplish. Another example: It is developing the ability to love (without possessiveness) outside the family in which you were born and to give the freedom to love others to your own children when they are growing to adulthood.



To externalize the Self is to unfold as does the lotus when it opens toward the light.

In the framework of our present study it means to externalize, or express outwardly, those facets of the Self which would otherwise remain dammed up within you and restrained from flowing outward in your life. It means to give freedom to the inner Self...to use more than the normal level of consciousness and give the other levels an opportunity to express themselves. The eminent psychotherapist, Dr. Rollo May, in his book *Man's Search for Himself*, calls it the "creative consciousness of self."

Is this what St. Paul really was saying when he said, "*I die daily in Christ*"? Did he mean that "I," the normal conscious level, the self-conscious, for part of each day should be reinforced by -- not sublimated to -- the Christ or Self-conscious level? I find no difficulty in interpreting his words in this way to make them meaningful today. In fact, doing so enlarges the scope of my efforts and helps me toward the goal of Self-fulfillment.

We can better understand the process when we distinguish between the outer and inner beings.

Outer: Body, emotions, and normal level of waking consciousness.

Inner: Super and subconscious levels of mind, other levels of your being variously termed High Self, Oversoul, Spirit, Divine Monad, God within. (The slight differences in these terms will be studied later in this series.)

There are certain aspects of your inner Self which are difficult for some people to grasp in a meaningful way. However, to unfold the Self it is essential to realize that:

1. Your inner Self is not smaller than the outer. It is far more comprehensive.

2. Though you seem to do more with the outer, actually the inner is far more productive.

3. The inner is more creative than the outer.

4. The inner is stronger than the outer.

There are other aspects that we shall study in

later lessons. The important idea to grasp at this moment is that the inner Self is the greater. You do not really live a full life until you bring the inner Self into some form of consciously directed activity at least part of the time. Unless to some degree you perceive and use the extra dimension of which your life is composed.

Would you like some proof that the inner Self is greater than the outer? There is no scientific, laboratory proof. But a moment's consideration of the following point will reveal it in a conclusive way.

RECOGNIZE THE POWER OF THE SELF

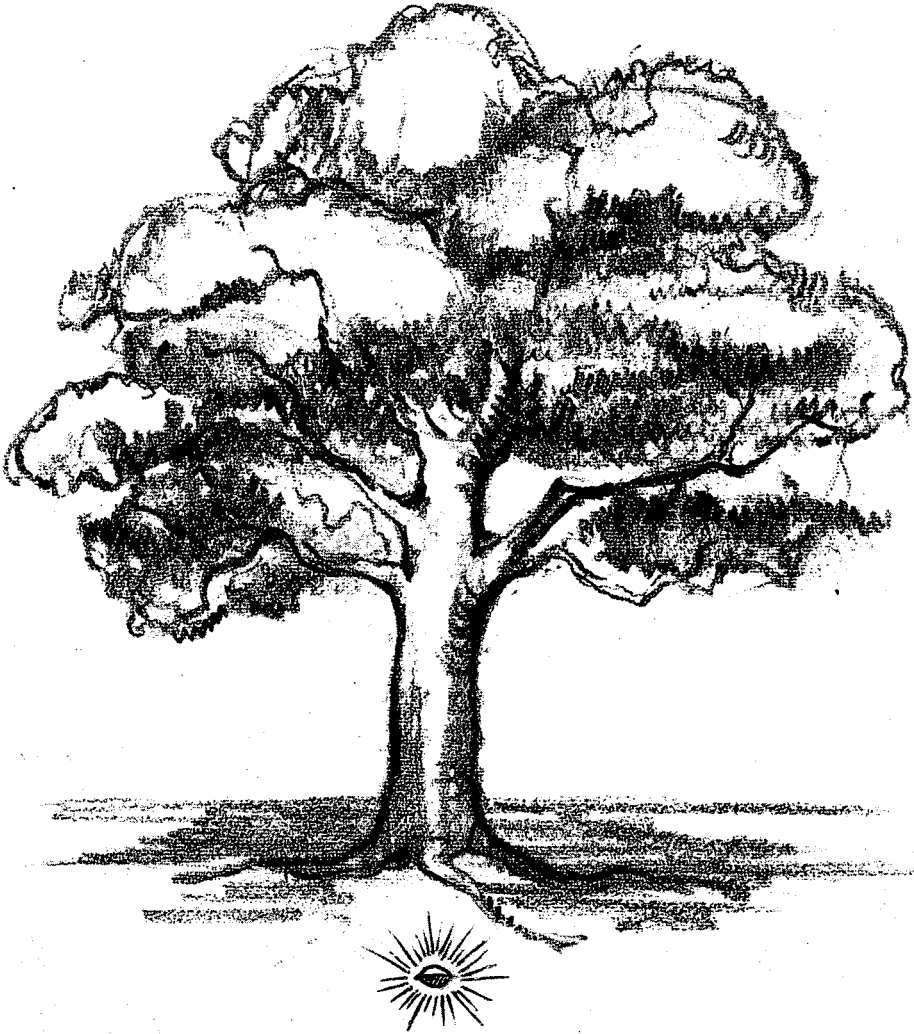
In less time than it has taken you to read from the beginning of this sentence to this point...you have created millions of new body cells! They've taken their places in the tissues, organs, glands, nerves and other parts of your body. They are almost indistinguishable parts of your entire being. Yet not one cell has lost its individual identity.

What influence have you had upon them? Could you have consciously made them better than they are? Have you hindered their creation? Do you in any way obstruct their functioning? Can you improve upon them, or improve the "design" of new ones now being created?

Everything that lives was once nothing more than a single cell, too small to be seen except under a powerful microscope. Yet in this one cell were all the details of the form which in time was to follow...the form of a man or a woman, the form of a tree or a shrub, the form of a turnip or a rose, of an elephant or an eagle.

In every instance the final form came from the pattern in the original single cell! Who or what directed the differences that were to occur? Was there consciousness in that original cell? Did it decide whether it would be man or woman, blonde or brunette, tall or short, scientist or musician?

There are many mysteries for man to face and conquer at his present level of evolution. He must face the mystery of life. He must study life force and discover what he can accomplish with it. Later, when he has conquered the challenge of life force, and has actually learned to mold and direct it, he will turn his attention to an even greater and more powerful mystery...mind force.



A tiny seed develops into a majestic tree when its inherent potentials are stirred into action by life force.

In time, scientific research will reveal something the mystic already knows: the difference between life force and mind force, and the remarkable way they are intertwined. This much man already knows: that every minute cell, from which in time a living thing emanates, is in a mysterious way a manifestation of life. And where there is life there is consciousness, there is mind and spirit. There is Self, fulfilling itself.

That Self of yours. What a remarkable entity! And just think -- whatever it has accomplished thus far is but a sample of its potentials.

It is for those hidden potentials that we now search...the potentials which your Self creates and expresses.

In what follows there is no supernatural key that will suddenly unlock the magical qualities of your mind. There are ideas which will either introduce to you, or in a new way restate for you, concepts which are as old as time and as modern as tomorrow.

In addition, there's an important factor about them. They're a special kind of idea. They are given here for the specific purpose of helping you create a certain mental atmosphere in your life...the kind of atmosphere in which divine principles flourish and a harvest of personal progress and realization is made possible.

Through all ages and cultures, the experiences of the "great revealers" have shown that it is ideas of this nature which fulfill the interior needs of a well balanced life. These are ideas which help the outer finite meet the inner Infinite. They give momentum to the forward movement toward growth and accomplishment. They contribute to the pattern of life by which the individual fulfills himself.

In other words, you are about to begin approaching life from an extra dimensional as well as a dimensional level. From the viewpoint of the Four Vital Ideas.

And the starting point
is your Self.

Remember:

You possess inner powers as yet unreleased.

You have inner wisdom as yet untapped.

You possess inner strength as yet unaroused.

You own inner talents as yet unexpressed.

Acquiring a dozen university degrees would bring none of these to outer expression in your life. But discovering and working with the inner Self will. And you probably have already experienced it in one or more of the categories mentioned.

Let's go back a moment. The inner Self is more comprehensive than the outer. The world of the outer self is limited to the five senses of hearing, seeing, feeling, smelling and tasting. The world of the inner Self includes not only these but also the dimensions that are perceived telepathically and intuitively, the

way to unity with all life and with the Infinite. It sees beneath the surface of things and people.

The inner is more productive than the outer. The outer works with things "at hand." The inner influences not only these but also circumstances in your life that are not yet even known to you.

The inner is more creative than the outer. What you can think and originate with your conscious mind in no way compares with the revelations (even about mundane things) that you can "intuit" from other mind levels.

The inner is stronger than the outer. Physical stress can soon deplete your muscular strength, but history's pages glow with accounts of those whose spirit could not be defeated, and in less historical ways it has probably happened to you, too.

When it comes right down to the core of the matter, you are really a personalized expression of the Infinite creative life. But you are that only when you include all the elements of your being, and that includes the inner Self. Otherwise you are only part of a being, and the smaller part at that.

At this point you are ready to ask yourself what may very well be the most important question of your entire life. Don't be misled by the simplicity of this question. Don't quickly gloss over the obvious answer in the belief it is easy to achieve and therefore not worthy of considerable thought and, later, concentrated action. The question is:

"Is my life to be governed by my physical senses and conscious mind, or by my Self?"

There you have it in a capsule question, all the promise of your divine nature.

This is not to say that the physical senses are to be disregarded. Or that they do not serve a worthwhile purpose. It is simply to face the fact that you have evolved to the point where you must make a decision. Are the senses and the limited conscious mind going to hold the real You in bondage? Or is your Self going to emerge as a vital force in your life? Is it going to charge your conscious mind and physical senses with its amazing potentials, knowledge and talents?

And the remarkable part of it all is that your Self is totally and specifically prepared for you to answer "yes" to the last two questions above. You can be sure that it is ready as soon as you are. And whether you fully realize it or not, you are ready, too, as soon as you make your decision.

YOU ALREADY POSSESS THE MASTER BUILDER'S TOOLS

Recognizing your "whole man" potential, you will understand that you already have within you all the qualities you need to achieve your goal of Self-fulfillment.

I've said that what you really are is a personalized expression of the Infinite creative life. This means that you have within you all the elements that are also present in the Infinite Being. To be sure, you possess them to a lesser degree. But they are there, hidden in the deep recesses of your being, buried under layer after layer of elements that pertain to the outer rather than the inner Self. These elements include years of training in our modern environment which completely ignores the vast strata of potentials at the core of your being.

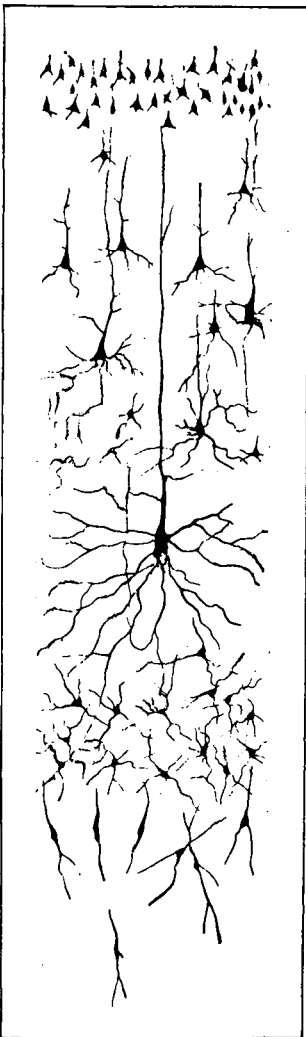
I once delivered a lecture titled *What to Do in Case of Emergency* in which the central idea was illustrated by a fire alarm box. On it we are told to "Break glass -- Pull lever." The glass represents the crystallized consciousness...the kind of consciousness hardened by years of incorrect training and disuse. The lever represents the activity which connects us with the source of help we need at any given moment, for any project, whether or not a real emergency is involved.

So what we wish to do is break through the crust of crystallized consciousness to find the inner potentials we possess. Exactly what these potentials are and how to use them will be the subject of our next lesson. For the moment, let us simply remember that the basic potentials are part of your inner Self, and they can be brought to the surface of your life.

Like a builder, ready to erect a worthy edifice, you have come to the building site fully equipped with the tools of your profession. They are the same creative tools with which the Master Builder formed life itself. And the more you learn about your true Self-

identity the more proficient you become with the tools of your trade.

You do not have to acquire new inner qualities. You have all you need. But you do need to become as familiar with what you possess as is the carpenter with the objects in his tool chest. You do need to become as proficient in using your inner qualities as is the master craftsman with the implements of his craft. And acquiring a knowledge of your true Self is part of the process. To approach the Self, first consider the brain.



Layers of cells and fibers in the gray substance of the cortex in the human brain.

WHAT THINKS -- BRAIN OR SELF?

What is the source of thought? Some believe it to be an expression of electronic particles in the brain, an original creation of that fluidic mass of substance that never has nor ever could create a thought.

It hardly seems possible, but many scientists experience difficulty in accepting the idea that consciousness exists apart from the physical body it animates. What prompted you to study this lesson? Was it not consciousness? Does your brain care whether you study it or not? Does your pancreas or solar plexus or some other organ determine your favorable or unfavorable response to religion, ethics, art, literature, mathematics? What distinguishes the behaviorist from others except the nature of his consciousness? Does the removal of appendix and tonsils create one type of person while the retention of those organs makes another type?

Your brain is nothing but a collection of responsive terminals through which your Self experiences and expresses, sends and receives messages. It is worthless without consciousness, without your Self. Consciousness is the link between the Self and the physical body which the Self uses for expression.

Dr. Gustaf Stromberg, the eminent astronomer, wrote a lesson published by Astara titled *Psychic Phenomena and Modern Science*. In it he said:

"The physical brain which we can see with our eyes and investigate by physical methods can be regarded as the space-time aspect of something else which cannot be described in physical terms. We may picture it as having a non-physical or spiritual counterpart in a world outside physical space and physical time. The non-physical brain is responsible for the structure as well as for the functions of the brain. Both the physical and the non-physical brain are, after all, *ideas* in the human mind derived by logical reasoning from observations in greatly different fields of research. Naturally, we must assume some kind of correspondence and interaction between the material and the spiritual brains, the former belonging to the physical and the latter to the non-physical world."

This non-physical brain is made cohesive by the power of the spirit of which it is an instrument. The spirit thinks thoughts. They are transmitted through the non-physical to the physical brain, and the latter is used only for the purpose of distributing these thoughts to various parts of the physical body and causing whatever movements in it are necessary to carrying out the thoughts.

Even those mental expressions termed conscious thoughts often have their origin in "non-conscious" levels of the Self. The non-conscious levels are really conscious...we are just not aware of them at the moment. Perhaps we should refer to the conscious thoughts of which we are aware as surface thoughts. They are expressions of that which is on the outer surface of your mind.

Whatever is on the surface of your mind is important. It controls the way in toward your Self. And it controls what flows out from your Self. It is the guard at the inner door of the temple. So let us examine some of the positive elements we find there.

1. The ability to express logical thoughts, to reason in a logical way.
2. The ability to plan, organize, and direct your thinking.
3. The ability to persevere in an undertaking to its completion.

4. The ability to "open the channel" for the inner Self to manifest in the outer world of the self.

5. The ability to work out details of a course of action or an idea supplied by the Self.

Now you know what the surface mind can do. You can use it as one of the important tools in your true profession...Self-fulfillment.

But what is hidden in other levels of the mind? What is hidden in the subconscious and superconscious?

Inherent in the subconscious is:

1. The ability to memorize certain types of instruction and to direct what seem to be automatic activities, particularly bodily functions.

2. The ability to add impetus to activities, particularly of an emotional nature.

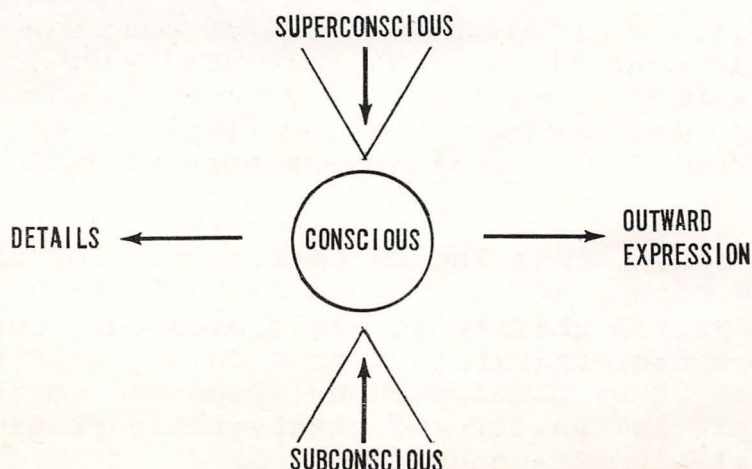
Inherent in the superconscious is:

1. The ability to originate ideas and plans.

2. The ability to "oversee," give guidance, give direction toward fulfillment of a mission or incarnation.

Between the two is the conscious mind level. It should work out the details of the grander themes given it by the superconscious.

If I were to diagram the process (which cannot be done with complete accuracy) it would look something like this:

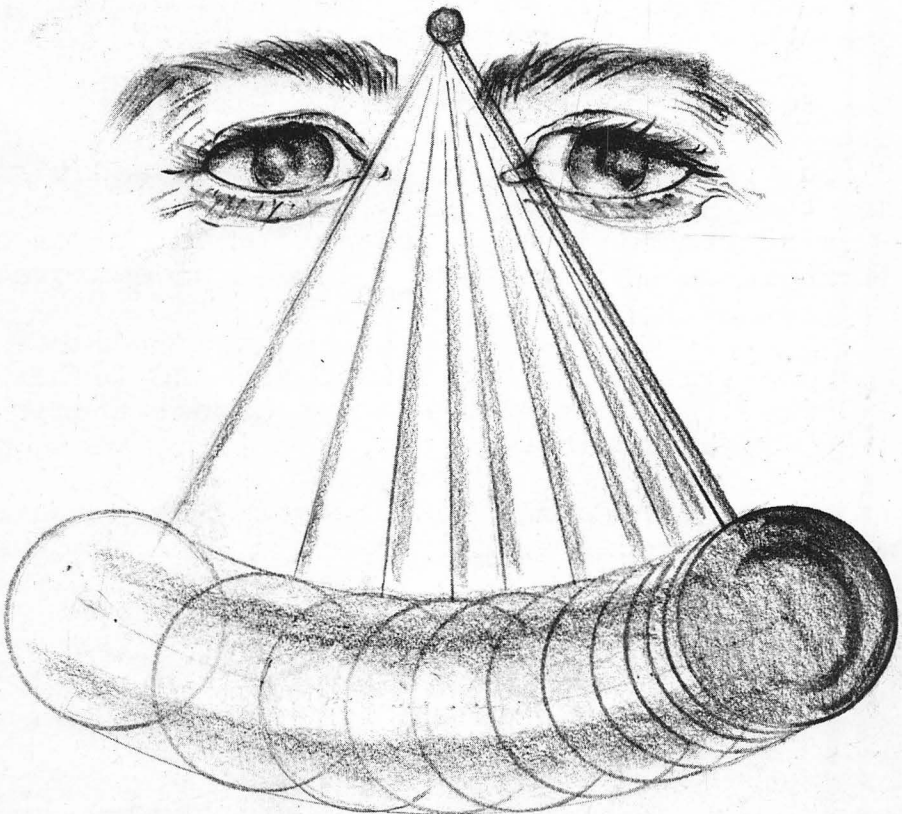


We are more particularly interested in the super-conscious as expressive of the nature of the Self. Just as later on we shall learn about God by examining the characteristic expressions of the Infinite, let us now learn about the six qualities of the Self in the same way.

The Self is a rhythmic entity.

Do not expect the Self to be in a state of perpetual expression. It functions in cycles. To make a comparison with the physical, we might say it breathes, or has a rhythmic heartbeat.

The ancient Hindu philosophized about the Days and Nights of Brahm. He envisioned God as having periods of indrawing and outpouring (over thousands of years of time), not unlike inhaling and exhaling the breath. Or like days of activity and nights of rest.



In relation to the rhythmic nature of the Self, this has often been proved to me in my efforts at creative work. I find there are cycles when ideas spring from my consciousness in profusion and with ease. Then there are other times when no ideas are forthcoming at all. This is the day and night, the rhythmic cycle, of my Self in action.

When your Self is in its cycle of outpouring, its day, cooperate with it by working at creative tasks.

When it is in its cycle of indrawing, its night, use your conscious mind for working on details and less important matters.

The Self is spontaneous.

Your conscious mind may be at work on some prosaic project when suddenly -- FLASH! -- there's an electric breakthrough of an impulse from this higher level of your being. It functions with the speed of light and the power of the atom.

This is apt to be less noticeable to the person who understands it than to others, for the former is always halfway expecting the Self to do something significant in his life. Therefore he is not as surprised at its happening. Nevertheless, even one who is accustomed to these experiences is impressed by their spontaneous quality when they occur.

The Self is wise.

I could not say that my Self is omniscient in the same way that God is. I can only say I have never been misled by it, though I have sometimes been incorrect in my interpretation of its messages to my conscious mind.

Incorporate in the Self is the wisdom of the ages. It has appropriated into its mind level the experiences of countless centuries, and perhaps experiences in many solar systems. I've already said it sees beneath the surface of things and people. Yes, the Self is wise beyond conscious understanding.

The Self has its own language.

The Self sometimes seems to speak English to me. It may seem to speak Spanish to you if that is your native tongue. But actually its language is not a spoken one at all.

A profound impression on the consciousness, an overwhelming impulse, a symbol, a dream -- these are some of the ways in which the Self expresses its messages to your conscious mind.

The Self doesn't function by the vagaries of chance but in accordance with a plan conceived prior to incarnation. The plan was created by:

1. Prior circumstances, sometimes known as karma, the result of the law of cause and effect.

2. The Self's desire to express previously developed talents.

3. The Self's desire to develop latent capacities into functional talents. (We will study more about this in Step 3, *Know Your Mission*.)

The Self is directive.

It is like the chairman of the board of a large enterprise. It establishes policy in a general way. Then it delegates authority to the conscious and sub-conscious mind levels to carry out the policy by supervising the essential details.

The Self is persistent.

I don't mean that it's stubborn or dogmatic. I mean that it persists as does matter, which the scientist tells us cannot be destroyed.

In the same sense, the Self as a personalized expression of the Infinite creative life carries within it the ever flowing wellspring of eternality. Whatever substance it is composed of may be as subject to change as any other substance, but it cannot become a vacuum, a no-thing.

No one knows how long this Self has existed as a personalized entity. "*Before Abraham was, I am,*" said Jesus. But certainly the Self transcends time and the temporary physical body it uses as an instrument of expression.

Thus we learn about the nature of your Self by examining its characteristics. To refresh our minds about them for a moment, and to see them as a unit, we find that the Self is:

1. Rhythmic
2. Spontaneous
3. Wise
4. Communicative with its own language

5. Purposeful

6. Directive

7. Persistent

These are man-made terms with different personal meanings for each individual. But as nearly as possible they describe the characteristics which enable you to come nearer a comprehension of your complete Self. Probably the list could be tremendously enlarged, but these characteristics are our basic working tools for comprehending the nature of the Self. We will refer to them again in our studies for they are important aspects to every phase of Self-fulfillment.

Now if the Self is wise, purposeful and directive, it must have some pretty definite ideas about life and its meaning. It must have a general attitude about life, a code of living by which it measures its undertakings and with which it makes its plans. It's possible, isn't it, that you could incorporate the same code into your conscious thinking and thereby come nearer expressing your true Self. But what is the code? The answer to that question must wait our studies in Step 3, *Know Your Mission*.

If this Self of yours is so remarkable, you may be asking this question, "Why have I not already accomplished more and gained more in life?"

First let me assure you that you are already "on the way." The difference between you and many other individuals in the human race is too vast to describe. But you will agree, I'm sure, that you are just passing the frontier of what you can really become. In that belief you are in harmony with the thinking of UCLA Professor John Lyman, professor of engineering and psychology, who looks ahead to the day when man will modify himself as much as he has modified his environment, and in some startling ways.

WHAT YOUR SELF WILL BECOME

Dr. Lyman, in a Los Angeles Times interview, looks forward to our being "superhumans." He first examines what man will do with technology, saying that we will do away with waste and pollution in our environment. Then he says that in a hundred years man will make startling advances in modifying himself.

He will eliminate disease.

We will travel by "teleportation," by feeding his genetic code into a computer at one point in space, transporting it by radio, and reassembling it by computer at another point in space.

He will develop artificial organs more reliable than natural ones, including the brain!

However -- and this is important -- behind all these remarkable possibilities the Self remains the same. Though organs be artificial or natural, the same Self functions through them. Though the physical vehicle be "teleported" from one place to another by radio, the same Self animates it.

There is an immediate way to personal advancement that needn't wait or depend upon the remarkable technological progress described above.

What is that way?

Become what you already are!

Become more fully developed in your status as "a personalized expression of the Infinite creative life."

No artificial organ, no computer, no scientific advance beyond present comprehension can change that. You, and only you, can modify it, limit it, or enhance it.

In other words you can modify yourself with your Self. You can do what Dr. Ira Progoff and other enlightened psychologists describe as "developing the capacity to be."

Undoubtedly there are many ways to develop "the capacity to be." I will suggest a few.

First: Include all possible points of focus in your life.

When a photographer focuses his camera, objects nearer or farther away from the one on which he focuses are blurred, out of focus. By "stopping down" the lens opening he brings them into sharp clarity.

In your life there are several points of focus. One of them is the physical aspect. By concentrating upon that point exclusively, which you may do with your

conscious mind, you center the activities of your Self mainly upon your physical nature. You practically eliminate the activities of the Self which would otherwise include other aspects of your being. By considering your emotional and mental nature, as you probably do from time to time, you include in the plane of focus those two additional aspects.

Few of us include our spiritual nature to a sufficient degree to keep it also in focus along with the other aspects. And because of this partial neglect (almost total neglect by most persons), the most important aspect of being seldom functions in a well defined manner.

The first step, then, in developing the capacity to be what you really are is to make certain that the spiritual aspect of your nature is in focus along with the rest of your nature. It is for this purpose that Astara provides meditation aids (such as recordings) along with this series and the Degree Lessons -- to help you function as the whole being that you are.

Second: Practice spiritual involvement with persons, situations and ideas.

The fact that you have an interest in this course of studies is evidence that you are aware of spiritual implications in your personal relationships, in the ideas that predominate in your life, in the situations of which you are a part.

You probably realize that none of these is accident or coincidence. Remember that the Self is purposeful. It has incarnated for a reason, or combination of reasons, and very definite ones, though you may or may not ever know specifically what they are.

It isn't at all difficult to begin each day by consciously creating the code or pattern which will permeate all its activities and experiences. With a conscious thought, simply give direction to the "flow of Self," to the natural nature of the inner essence. Determine that it is going to flow outward through you into the persons you meet and converse with, or with whom you conduct a relationship of any kind. Into the situations you encounter. Into the ideas you entertain or express.

You may not always be aware of it, in fact you probably seldom will be, but the inner essence radiated by the Self will flow and your life will be the better

for it. So will the lives of others and the various situations you influence. And as you continue the process your ideas will become more clarified and beneficial. Each day will not necessarily see a noticeable victory in this respect. But every day can see progress.

Third: Understand and remember the chain of communication from the greater Self to the lesser.

If you will do this you help clear the channel for expression of the Self. There is some sage advice on this point in the ancient Hindu Scripture, *The Bhagavad Gita*, which makes the process easier to remember, and which puts your entire being into sharper focus. The ideas in the scripture are listed here numerically for easier analysis and remembrance:

1. The senses are higher than the objects of sense.
2. The mind is higher than the senses.
3. The intelligent will is higher than the mind.
4. The Atman is higher than the intelligent will.

"Atman" is a Sanskrit word meaning Self or Universal Self. In this scripture it refers to the Self as a projection of the Universal Self. There are ways to learn more about your personal Self.

ENGAGE IN SELF-RESEARCH

Large corporations budget a sizable portion of their income for research -- the discovery of new products or new uses for old products.

Dr. Charles Steinmetz, one of the world's great research scientists, once was asked what line of research would result in man's greatest development. Probably the reply surprised the questioner who no doubt expected the answer to be in the realm of technological, material science. Instead Dr. Steinmetz said:

"The greatest discovery will be made along spiritual lines. Some day people will learn that material things do not bring happiness and are of little use in

making men and women creative and powerful. Then the scientists of the world will turn their laboratories to the study of God and prayer. When that day comes, the world will see more advancement in one generation than it has in the last four."

Dr. Steinmetz was referring to exactly the same things we are discussing in this lesson.

Without any scientific knowledge, without any laboratory except your own life, without waiting for someone else to do it in the future, you can engage in this kind of research this very day.

For instance, you can make notes or records of the experiences you encounter that seem to have a profound meaning to you. You can record your dreams, intuitions and philosophical thoughts.

You can analyze your reactions to these records, and to experiences both pleasant and unpleasant whether you record them or not. You can decide what meaning they have in specific relation to your personal life and growth. You can decide which do or do not deserve your attention, and whether or not you should attempt to direct the flow of your inner Self toward them. You can decide which are important goals and objectives that might be part of your soul mission.

Then you can act in accordance with your analysis. By determining whether or not the power of your Self is to be applied toward realization of certain goals, for instance, you create "affinities" which call forth responses from your inner Self. If your Self is directive it will respond with specific "leadings." If it is communicative it will channel its guidance to your mind or will direct you into circumstances and experiences of fulfillment.

USE THE PRINCIPLES OF ANIMATION AND PERSONIFICATION

There is a principle known as animation, which means to impart life to something -- an object or quality -- which is dormant or lifeless.

Animated movies give movement, expression and sound to objects that really have no life in them at all.

Personification is a related principle. It means to give identity and a greater quality of life to something that possesses those qualities in a lesser degree. For example, a tree or flower is made to talk and move and express ideas.

These two principles have their mystical counterparts in real life outside the movies -- in your life, in fact. They direct attention to a method of vitalizing your mind so the Self and all its inner potentials can be brought to the surface of your life and expressed in everyday living. We will learn how you can use them in our next lesson, *Know Your Inner Potentials*, the second of the Four Vital Ideas that lead to Self fulfillment.

